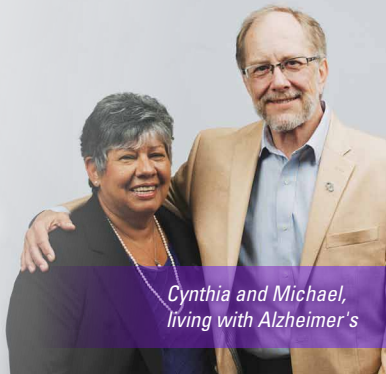


10 tips for living with Alzheimer's



*Cynthia and Michael,
living with Alzheimer's*

- 1 Educate yourself about Alzheimer's disease.**
Learn about the disease and what you can expect.
- 2 Allow time to adjust to your diagnosis.**
Take the time you need to feel sad, mourn and grieve your current losses or the expectation of future changes.
- 3 Plan for your future.**
Begin making legal and financial plans after the diagnosis so you can participate in decision making.
- 4 Get support from others like you.**
Meet people living with Alzheimer's by joining a local support group or participating in an online community like ALZConnected®.
- 5 Learn about clinical trials.**
Consider taking part in research that could change the course of this disease and improve the lives of all those it affects.
- 6 Build a care team.**
Assemble family and friends to create a network of help and support. Get started at alz.org/carecalendar.
- 7 Take care of your emotional, physical and spiritual health.**
Identify sources of stress and try to reduce them. Get regular medical checkups, eat well, exercise and rest when you can.
- 8 Stay active and engaged.**
Keep your body and mind active with the social and physical activities you've always loved — or try something new.
- 9 Fight stigma.**
Tell your story to help dispel the myths and misconceptions about Alzheimer's and those who have it.
- 10 Take action.**
Raise your voice as an advocate or raise funds and awareness through events like Walk to End Alzheimer's®.

You are not alone



We're nearby — alz.org/findus

We have chapters in communities nationwide that offer programs and services, including information and referrals, support groups, care consultation, education and safety services.



We're available to talk 24/7 — 800.272.3900

Care consultants are available via our 24/7 Helpline to provide reliable information, referrals and support in more than 170 languages and dialects.



We're online — alz.org/IHaveAlz

Our website includes a section specifically for people living with Alzheimer's that offers a wealth of information and access to online tools including ALZConnected® (alzconnected.org), our social networking community.

You can make a difference



Volunteer at your local office — alz.org/findus



Sign up for the Alzheimer's Association
Walk To End Alzheimer's® — alz.org/walk



Advocate for more research funding — alz.org/advocate



Participate in clinical trials — alz.org/trialmatch

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